



JOHN D. CLOUGH, MD *Editor-in-Chief*  
 BRIAN F. MANDELL, MD, PhD *Deputy Editor*  
 PETER G. STUDER *Publisher*  
 PHILLIP E. CANUTO *Executive Editor, CCJM*  
 GLENN R. CAMPBELL *Executive Editor, Custom Programs*  
 RAY BORAZANIAN *Managing Editor*  
 DAVID A. HUDDLESTON *Manuscript Editor*  
 AMY SLUGG MOORE *Patient Education Editor*  
 BRUCE M. MARICH *Production Manager*  
 JOSEPH A. PANGRACE *Medical Illustrator*  
 DAVID R. SCHUMICK *Medical Illustrator*  
 JOSEPH KANASZ *Medical Illustrator*  
 IRIS TRIVILINO *Department Coordinator*  
 KATHY DUNASKY *Department Coordinator*  
 CINDY PALMER *Billing/Accounting*

#### EDITORIAL ADVISORY BOARD

MUZAFFAR AHMAD, MD  
 WILMA FOWLER BERGFELD, MD  
 EMMANUEL L. BRAVO, MD  
 WILLIAM R. HART, MD  
 ERIC A. KLEIN, MD  
 FLOYD D. LOOP, MD  
 DOUGLAS S. MOODIE, MD  
 RICHARD H. NODAR, PHD  
 WILLIAM L. PROUDFIT, MD  
 WILLIAM C. SHELDON, MD  
 ERIC J. TOPOI, MD  
 HERBERT P. WIEDEMANN, MD

#### ASSOCIATE EDITORS

ALEJANDRO C. ARROLIGA, MD  
 DAVID BRONSON, MD  
 DANIEL BROTMAN, MD  
 WILLIAM D. CAREY, MD  
 BRIAN A. CLARK, PHD, MD  
 BRIAN G. DONLEY, MD  
 GARY FRANCIS, MD  
 KATHLEEN FRANCO-BRONSON, MD  
 STEVEN M. GORDON, MD  
 BRIAN GRIFFIN, MD

GARY HOFFMAN, MD  
 BYRON J. HOOGWERF, MD  
 JESSE JACOB, MD  
 AMIR JAFFER, MD  
 MANI S. KAVURU, MD  
 MARTIN LASCANO, MD  
 MANDY C. LEONARD, PHARM D  
 ANGELO A. LICATA, MD, PHD  
 ATUL C. MEHTA, MD  
 FRANKLIN A. MICHOTA, MD  
 ROGER MILLS, MD  
 ROBERT M. PALMER, MD  
 S. SETHU K. REDDY, MD  
 DOUGLAS SEIDNER, MD  
 HOLLY L. THACKER, MD  
 DONALD G. VIDT, MD  
 WILLIAM S. WILKE, MD  
 MARC WILLIAMS, MD

CLEVELAND CLINIC  
 FOUNDATION DIVISION  
 OF EDUCATION  
 ANDREW J. FISHLER, MD  
*Chairman*  
 PHILLIP R. GARD  
*Administrator*

REPRINTS: Beth Ann Rocheleau 1-800-769-7625 brocheleau@rockwaterreprints.com

The *Cleveland Clinic Journal of Medicine* (ISSN 0891-1150) is published 12 times yearly by The Cleveland Clinic Foundation.

STATEMENTS AND OPINIONS expressed in the *Cleveland Clinic Journal of Medicine* are those of the authors and not necessarily of The Cleveland Clinic Foundation or its Board of Trustees.

SUBSCRIPTION RATES: U.S. and possessions: personal \$98; institutional \$124; single copy/back issue \$16. Foreign: \$124; single copy/back issue \$16. Institutional (multiple-reader rate) applies to libraries, schools, hospitals, and federal, commercial, and private institutions and organizations. Individual subscriptions must be in the names of, billed to, and paid by individuals.

POSTMASTER ADDRESS CHANGES: *Cleveland Clinic Journal of Medicine*, NA32, 9500 Euclid Avenue, Cleveland, OH 44195

SUBSCRIPTIONS, EDITORIAL, BILLING/ACCOUNTING AND PRODUCTION: (same address as above) Phone (216) 444-2661 Fax (216) 444-9385 E-mail ccjm@ccf.org http://www.ccjm.org

ADVERTISING: Joseph Dennehy, Director, Sales and Marketing, 120 Castle Ridge Rd, Manhasset, NY 11030 • Phone (516) 365-8640 • Fax (516) 365-0587

AUTHORIZATION TO PHOTOCOPY items for internal or personal use is granted by the *Cleveland Clinic Journal of Medicine*, ISSN 0891-1150, published by The Cleveland Clinic Foundation, provided that the appropriate fee is paid directly to Copyright Clearance Center, 222 Rosewood Drive, Danvers, MA 01923 USA 978-750-8400. Prior to photocopying items for educational classroom use, please contact Copyright Clearance Center, Inc., at the address above. For permission to reprint material, please fax your request with complete information to the Reproduction department at CCC, fax (978) 750-4470. For further information visit CCC Online at http://www.copyright.com. To order bulk reprints, see above.

DISCLAIMER: This information is provided for general medical education purposes only and is not meant to substitute for the independent medical judgment of a physician relative to the diagnostic and treatment options of a specific patient's medical condition. In no event will The Cleveland Clinic Foundation be liable for any decision made or action taken in reliance upon the information provided through this activity.



## TABLE OF CONTENTS

### FROM THE EDITOR

**Hot flashes:  
Statistics and common sense** 522

In evidence-based medicine, after weighing the data, we still have to apply common sense—and include the patient in the decision-making process.

J.D. CLOUGH

### REVIEW

**Spinal tuberculosis deserves a place  
on the radar screen** 537

There is no cause for complacency about tuberculosis. Spinal involvement may be the first manifestation.

R.F. McLAIN AND C. ISADA

### CURRENT DRUG THERAPY

**The promise of targeted therapy:  
Cancer drugs become more specific** 551

Cancer therapy is getting smarter, with new drugs that act specifically against cancer cells.

E. SEGOTA AND R.M. BUKOWSKI



### REVIEW

**A strategy to decrease the use  
of risky drugs in the elderly** 561

Some medications are best avoided in elderly patients—and pharmacists can help physicians avoid them. We discuss our experience with reducing the use of three medications: meperidine, diphenhydramine, and amitriptyline.

S.M. FOSNIGHT, C.M. HOLDER, K.R. ALLEN, AND S. HAZELETT

### REVIEW

**Spontaneous bacterial peritonitis:  
Recent data on incidence and treatment** 569

Spontaneous bacterial peritonitis is more common than previously thought. Cirrhotic patients with ascites are particularly susceptible. When it is discovered, something must be done quickly.

M.A. PARSİ, A. ATREJA, AND N.N. ZEIN

CONTINUED ON PAGE 526





CONTINUED FROM PAGE 525

REVIEW

**Treatment options for menopausal hot flashes** 578

Alternatives to hormone therapy exist, but none is as effective as hormone therapy, and none is approved by the US Food and Drug Administration for this purpose.

A. SIKON AND H.L. THACKER



PATIENT INFORMATION

**Coping with the symptoms of menopause** 583

EDITORIAL

**The sports physical: One-on-one is OK; one-on-300 is not** 585

Too many of the 8 million young athletes in the United States will undergo a preparticipation physical examination that is too cursory to be of much use.

D.S. MOODIE

REVIEW

**What kind of physical examination does a young athlete need before participating in sports?** 587

Recommendations exist for preparticipation physical examinations, but there is no national standard, and the recommendations are not widely followed.

T.M. MICK AND R.J. DIMEFF

PATIENT-ORIENTED EVIDENCE THAT MATTERS (POEMs)

- **Hormone replacement therapy with estrogen alone increases strokes, decreases fractures** 529
- **Virtual colonoscopy not accurate yet** 530
- **Antibiotics ineffective for prevention of recurrent MI** 532
- **Moxifloxacin is slightly more effective than alternatives in acute exacerbations of chronic bronchitis** 533

DEPARTMENTS

- CME Calendar** 528
- Classified Advertising** 598
- CME Self-test Online** 599

■ The *Cleveland Clinic Journal of Medicine* is peer-reviewed and indexed in *Index Medicus*.

# UPCOMING FEATURES

- **The PROVE-IT trial: Higher doses of a potent statin**
- **The CHARM trial: ARBs in heart failure**
- **How to assess hyponatremia**
- **Eat your veggies: DASH diet for hypertension**
- **Benign prostatic hypertrophy: Who and how to treat**
- **Drug-eluting stents: The end of restenosis?**
- **Fatty liver disease on the rise**
- **Cancer pain: Measuring the fifth vital sign**
- **Atrial fibrillation: Who can get by with rate control only?**

■ VISIT OUR WEB SITE AT [HTTP://WWW.CCMJ.ORG](http://www.ccmj.org)

